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ABSTRACT

The paper discusses the development of counseling and psychotherapy in China. These have developed rapidly for more than ten years, with special technique integration, varied methods, and the spread of concepts. But measured by scientific criterion, it still is in the primary stage of development. Although the number of diversified forms of counseling and psychotherapy increased very fast, there still lacks a unified administration. The paper states that the cause is from a lack of an assessment and examination system of qualification for the counselors or therapists, therefore quality of service cannot be guaranteed. It recommends the founding of a supervision and training system in order to ensure the consistent, effective direction and systematized training for counselors and therapists. In light of the fact that there are still many prejudices against counseling and therapy, it recommends efforts be taken to publicize general knowledge about mental health, counseling, and psychotherapy to make people not be ashamed of it but believe in the strength of science. (Contains 13 references.) (JDM)

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I. Theory and Practice of Ancient China

While introducing the development of Chinese counseling and psychotherapy, we can trace back to the source from the traditional Chinese medical science thousand of years ago, which is emphasis the unity of the body and mind. The theory thinks that the interaction of the body and mind and the psychological regulating function to the body should be paid attention to during the diagnosis of a disease. There remained rich cases of psychotherapy among the cases of traditional Chinese medical science. Here we will introduce the basic theories and concerned cases .

Basic Theories

The basic theories of traditional Chinese medical science include the Integrative Theory of Yin and Yang, the Five Elements, the Heart is in Charge of Activity and the Visceral Manifestation. Ancient medical scientists made use of these theories synthetically to direct their practice.

The Integrative Theory of Yin and Yang

Ancient Chinese have a fundamental Philosophical theory to regard all the things in the world as a unified whole which consist of Yin and Yang. This theory is the most fundamental theory of Chinese Traditional Medical Science. The theory says , in the relationship of spirit and body, spirit belongs to Yin and body belongs to Yang. Spirit and body interplay, can not be separated and form a unified whole. When the interaction of spirit and body reaches moderation, man is healthy. The moderation of spirit and body rely on not only their mutual adjustment, but also the relationship between the nature and them. Only when the nature and man coordinate together and man regulate himself according to the change of nature, can he be healthy. The thought of the integration theory of Yin and Yang were expounded clearly in *Familiar Conversation From the Yellow Emperor's Canon of Internal Medicine.* From the above, we can summarize that the pattern of traditional Chinese Medical Science is the pattern of biology--psychology--nature. The integrative theory Yin and Yang runs through not only the realization of physical and mental development and cure practice, but also other kinds of fundamental theories such as the Five Elements theory, the Heart in Charge of Mental Activities theory, of the Visual Manifestation theory and Seven Emotions and so on.

The Five Element Theory

The Five Element Theory, one of the fundamental theories for Chinese Ancient Philosophy, is the development of the Yin and Yang Theory. Traditional Chinese Medical Science believes that the relationship between emotion thought and Five Elements among wood, fire, earth, metal and water is that panic-stricken from the ridden belonging to water, joy from heart to fire, anger from the liver towed, anxiety from the spleen to earth, sorrow and grief from the luring to metal. According to Generation and Restriction or checking Relation in Five Elements, the

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psychological cure method papered that each is considered to restrict the subsequent one among sorrow, anger, anxiety, panic-stricken and joy.

The Theory of the Heart Is in Charge of Mental Activities

The Heart refers to spirit and nervous system, mental activities refers to the general show of the human beings' life. The Heart Is In Charge Of Mental Activities means that the spirit nervous system plays an outstanding role in the body. The activities of human's Zang and Fu organs must be in the control of the spirit and nervous system. It was said in the *Yellow Emperor's Canon of Internal Medicine* that the Five Zang Organs and Six Fu organs are governed by the heart and sorrow and grief can lead to the change of the Zang and Fu organs.

The Visceral Manifestation Theory

"Referred Symptoms" is an important method of understanding things in Traditional Chinese Medical Science. What is called referred symptoms are the ways to infer and under stand the things and theories which are too far or mysterious to be seen or known by means of observing their appearance which can be seen hearty.

The Visceral Manifestation Theory refers to that Five Viscera affects Five Emotions which contain the spirit, the soul, vigor, and will, wish. The details as what *Familiar Conversation* has said are the heart stores of the spirit, the lung stores the vigor, the liver stores the soul ,the spleen stores will , the kidney stores wish. When Zang and Fu's pathological appearance conquers, unusual psychological phenomenon arises. As *Yellow Emperor's Canon of Internal Medicine* says that certain mental activities will not be normal if the function of the liver are not kept in the normal state., which even lead to Mania-Depressive Syndrome and mysterious illusion, and cause the patients not to be able to feel their surrounding very clearly.

Chinese Ancient Counseling or Psychotherapy Method and Cases

From the above fundamental theories of Traditional Chinese medicine, we can see that the thought of the unity of body and mind of the Traditional Chinese Medicine runs through the whole of the medicine theory from the beginning to the end. Just because of that, people pay much attention to the psychological adjustment of the patients during the practice of cure.Pharmaceutical treatment,Acupuncture and Moxibustion treatment, Psychotherapy are the methods to treat psychological diseases. Here I want to introduce several kinds of psychotherapy and the case of the kinds.

The Treatment of Restriction or Checking Relation in Emotion.

The basic principles of the treatment are the use of the theory of Restriction or Checking Relation in Five Elements that each is considered to restrict the subsequent one among anxiety, panic-stricken, joy, sorrow and anger. People often use these methods to treat psychological disease.

Medical Express in Sichuan recorded a case that a student from Qinglong Bridge was cured by Li Jian-ang, a famous medical expert from Dazu Sichuan in Qing Dynasty. the illness of the student was that he was afraid to see the lamp-light and liked staying in a dark room by himself. If he came out of the dark room by chance, he would be scarced at the feeling of the brightness even more seriously.After Doctor Li examined him, he caught the article that the student had written and read it at random. The student was very annoyed at the reading of the doctor, he

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wrested the article back very angrily and said: 'Why are you so wildly arrogant since you know neither how to write an article nor how to make a sentence?' After he said that, he sat near the lamp without having to go far, absolutely forgetting his illness of the scare at the brigthness. He knew that the student was apt to be anxious and cherished his self-esteem, so Doctor Li read his article at random to irritate him. The liver whose property belongs to wood was affected by anger, and anger shook the anxiety of the spleen whose property belongs to earth, so wood conquers earth and anger conquers anxiety(Wang Miqi).

The Way of Stimulating the Passion

The change of man's feeling, especially under the circumstances of intense emotion and stimulation, may cause the protruding change of physiology and pathology.There are a lot of examples that ancient medical scientists make use of this theory to cure disease.Here is one example.

The History of Wei from The History of The Three Kingdom recorded a case of the famous doctor,Hua Tuo.The governor of a province had been ill for a long time.He asked Hua Tuo to cure him,Hua Tuo accepted his generous gift but gave him a letter left after abusing him instead of giving his medicine to cure.The governor was very angry after reading the letter from HuaTuo and ordered his subordinates to capture him. When he heard that they had not captured Hua Tuo,he spit blood several litres and after that ,he recovered from his illness.Hua Tuo thought that the governor had got blood stasis after his long time's illness and has vital energy need to be promoted so that his blood circulation could be in good order for vital energy is always before the blood. Most of the government officials were arrogant, so Hua Tuo irritated the governor and promoted his vital energy to make the blood circulate,followed by the spitting of stasis blood (Wang Miqi).

In additional to the methods mentioned above, the Methods of Traditional Chinese Medicine Treatment include the treatment of Qigong Emetic Therapy, Spell-magic Therapy, of the inducement of Action, of the Moving Parts of the Body and so on. they can't be illustrated one after another here for there are still many methods in the field.

II. China Calls For Counseling And Psychotherapy

At present, China is experiencing a great change. Several great changes of society had taken place in China -- from agriculture society to industrial society, from monosocity to multiply society, from traditional society to modern society —— and now with rapid development of market economy, we are living in a changing period, during which Chinese people not only have to respond to, understand and accept it, but overtake much more psychological pressure than before. In such a situation, counseling and psychotherapy are confronting a series of new problems.

Bad Status of Children's and Teenagers' Psychological Health

Changes of Society will bring about negative influences to the new generation, such as the pressure of competition will cause their difficulties to be adapted to society. In China, many families only have one child, so an outstanding problem was found during education: on one hand,

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parents hold too high expected value with children. It is surveyed that in Shanghai area 57.8 percent of parents require their children to be the best in everything. Such high expected value make children own too much mental pressure. On the other hand, these children are taken care of in almost every aspect by their parents and even their grandfather and grandmother, which result in their selfishness, weakness and over dependence. However, in our educational system, there is still a tendency that we stress too much on students' intelligence and neglect their comprehensive capability. Lessons and homework have become a heavy load to the student, the pupils' bags are becoming more and more heavy with an average weight of 3164 g, and fifth grade even reaches 3855 g(Zhu Daping 1995).

In a survey upon about 10,000 people, it was found that 32 percent of them were psychologically abnormal. In Shanghai and Beijing, almost 50 percent of preschoolers got psychological problems(Shen Xiaoping,1997).

An investigation upon sixteen universities in Beijing indicates that the number of students who left school because of mental diseases occupies 37.9 percent and 64.4 percent of the total number of students who left school owing to bad health. It was reported in People's Daily in 1989, that 25.39 percent of university or college students suffered serious psychological problems(Ma Jianqing 1993).

Many parents and even teachers could not pay enough attention on the psychological deviation of teenagers from the aspect of psychology. Generally speaking, most of our teachers or instructors haven't accepted any psychological training, so they usually can't find any action to take while facing psychological problems ,so professionals with the knowledge of psychological diagnose and consulting are in urgent need to work out plans to deal with such problems.

Mental Health of Old People Is Getting More Attention

There were 116,970 thousand old people over 60 years in China by the end of 1994, occupying 9.76 percent of total people(Wu Chao 1995). At the turn of the century, China will become an old people society, and by the year of 2015, the number of old people will amount to 200 million(Wu Cangping 1997). The problems of old people will be paid more and more attention, especially the mental problems. With the changes in environment, position and income, plus the decease and losing mates, old people are bound to face many problems, so in need of and counseling psychotherapy.

Unstable Families and Rising Divorce Rate Bring Mental Troubles

According to many changes in the present society, there are more and more families getting separated, and now over 1 million people become divorced every year, on average one couple every minute(Chen Xueling 1996). Such unstable and separated families would exert great psychological influence on themselves and even their children. People hope that they can get help in concerning choosing mates or improving their marriage status by means of counseling.

With the Rate of Unemployment Increasing ,Guide for Choosing Jobs Is Urgently Needed

Owing to reforms in enterprises and differences of distribution system in universities ,people

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are tending to choose the jobs themselves. In intense competition ,scientific guide for choosing jobs are important for people to select more suitable career. Contract system and employment system have replaced former lifelong system and equalitarianism. Unemployment is becoming a serious public problem. By the end of 1995, unemployment number reached 5,200,000 , and the rate of unemployment is 2.9 percent ,which didn't include the ones without being registered at the relevant department, and those without unemployment insurance .In Beijing ,the figure is 3.8 percent .More and more people worry about unemployment(Xin Yan 1997) .Therefore, how to relax anxiety and strengthen adaptation, now to confront competition and losing jobs has been an important problem.

Along with the development of society and improvement of people's life standard , people are in bad need of psychological health. On the basis of statistical data, the average living expenses amount to RMB 3,900 in urban and RMB 1,500 in rural areas, registering an yearly average increase of 9 percent(Qu Xiaohua 1995). Some chinese people have said good-bye to poverty and begin to live a relatively good life. People all hope they can live happily and bring their potential into full play. Emerges at that lives requires counseling and recently counseling and psychotherapy has got a very great progress.

III. Counseling and Psychotherapy in China Today

Counseling and psychotherapy have developed rapidly in China for more than ten years, especially technique integration, varied methods, the spread of conceptions .But measured by scientific criterion, we have to admit that counseling and psychotherapy in China are still in a primary stage.

The Main Characteristic

Technique Integration

Technique integration is to use different methods or techniques in view of the client's personality, the levels of the problem and the different stages in the treatment. We have collected case reports on the *Chinese Mental Health Magazine* that published during the last ten years and clarified the methods used in the treatment. (see table 1 including 34 papers and 40 cases, without data of 1994) Data shows a significant decrease on the use of single method and a significant increase of integrative tendency. Furthermore integrative therapy generally adhere to a same mold, that is to emphasis the using of behavior - cognitive therapy under a client center atmosphere.

Table 1

	Behavior	Cognation	Analysis	Morita	Integration
1987-1990	13	7	6	2	6
1991-1996	7	8	4	6	15

Expansion of the Organization and Varied Ways of Treatment

Chinese Mental Health Association was found in Sept. 1985 and in June 1996, there have developed 13 professional committees (including Counseling and Psychotherapy professional committee, College Counseling professional Committee, and so on) , 24 provincial Mental

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Health Associations , 3 branch committees, 35 region associations , and more than 20,000 members(1996). Now in the whole country, counseling clinics have opened in big hospitals and psychiatric hospitals, counseling centers have been found in colleges, and varied organizations, hot-lines, crisis interfere have been developed rapidly.

For example, people were unfamiliar with "hot-line" ten years ago. In 1987 a Psychological Aid Counseling Telephone Service was opened in Tianjin. In April , 1988, Mental Health Counseling Center was established in Beijing, and a hot-line was opened. By the time of 1996, there have been nearly 30 counseling hot-lines in Beijing(Mao Lei 1995), and which have spread all over the big cities in China.

Counseling and psychotherapy in China have gone beyond the limit of medic professionals, educational personnel, social workers, and varied social service professionals who are doing counseling or therapy in there own ways.

There are diversified methods of counseling and therapy in China today, including direct vs. indirect counseling, individual vs. group therapy. The ways of counseling are also different such as clinic, counseling through letter or telephone, spot counseling, and special counseling column of newspapers or magazines, etc.

Increasing of Concerned Publications , Spread of Conceptions

In recent ten years, conceptions about counseling and therapy have been increasingly discussed and used in public communication. A large number of books have been published such as *School Counseling, Abnormal Psychology, Psychological Testing, Practical Psychological Self Treatment, Mental Health, Psychology of Modern Life Series.* After the publication of *Chinese Mental Health* , varied academic or popular publications came out in succession such as *Chinese Clinical Psychology, Health Psychology, Psychology and Health, Youth Counseling, Psychology World* and so on. Furthermore, the special columns of psychology have been opened in lots of magazines, i.e. *Popular Psychology*, and information and data aboard have been introduced into China. People who borrowed or bought the books on counseling or therapy become much more than before(Chen Xueshi1996).

The Main Problems and Advises

Urgent Needs for the Assessment and Examine System of the Counselor's Qualifications

Although the number of diversified forms of counseling and psychotherapy increased very fast, there still lacking for unified administration. There are lots of unqualified counselors in the society. The root cause is that there is no assessment and examine system of qualification for the counselor or therapist. Therefore the quality of the service can not be guaranteed..

It is difficult to establish a feasible qualification assessment and examine system immediately. According to the lower qualification of the counselors and therapist in China, we advice on founding a supervision and training system in order to ensure the consistent effective direction and systematizes training the counselors and therapists. Furthermore, this system should take the responsibility for the concerned publications.

Limitations of Theoretical Studies and Communication

Counseling and psychotherapy in China mostly emphasis the use of technique, the issued

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papers were mainly the reports about the effectiveness of the treatment while seldom related to the theoretical problems. It is necessary to carry out theoretical researches and to develop enough standard conceptions in order to make discussions and exchanges, and speed up the development of the subject.

Enhance the People's Awareness of Counseling and Therapy

There are still many prejudice against counseling and therapy. Those who need counseling worry about to be regarded as a "mental patient", so they refuse counseling. An investigation shows, in a certain college, a number of clients wanted the counseling center to be in a "concealing place". Others took a skeptical attitude to the effectiveness of counseling and therapy. When they are in trouble, they would went to seek help for the divination rather than counseling.

In the light of such phenomenon, efforts should be taken to wide--publicize the general knowledge about mental health, counseling and psychotherapy, to make people not to be ashamed for counseling but to believe in the strength of science.

All in all, though counseling and Psychotherapy in China are still at a primary stage, it will surely have a bright future in the light of wide necessities in the society, and the developed tendencies in the resent ten years.

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